

DINNERLY



Low-Cal Indian-Spiced Lamb with Brown Rice and Peas



30 minutes



2 Servings

Inspired by keema matar, an Indian curry of minced lamb and peas, this dish is scented with fragrant spices and served on nutty brown rice. It's a low-cal option that's high in the flavour stakes.

WHAT WE SEND

- 125g brown rice
- 1 onion
- 100g Greek-style yoghurt ⁷
- lamb mince
- 5g kofta seasoning ¹⁷
- 5g Malaysian mild curry powder
- 150g peas

WHAT YOU NEED

- 2 garlic cloves
- olive oil spray (optional)
- 1 tbs tomato paste
- 1 tsp sugar

TOOLS

- medium saucepan
- medium deep frypan
- slotted spoon

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Milk (7), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 585kcal, Fat 16.9g, Carbs 63.5g, Proteins 39.0g



1. Cook rice

Fill a medium saucepan three-quarters full with water and bring to the boil. Add the **rice** and cook for 25 mins or until tender. Drain.



2. Prep ingredients

Meanwhile, thinly slice the **onion**. Crush or finely chop **2 garlic cloves**. Season the **yoghurt** with **salt and pepper**.



3. Brown lamb

Spray or brush a medium deep frypan with **olive oil** and heat over high heat. Cook the **lamb mince** and **kofta seasoning**, breaking up the lumps with a spoon, for 3-4 mins until browned. Remove from the pan with a slotted spoon.



4. Simmer curry

Heat the same pan over medium heat. Cook the **onion** and **curry powder**, stirring, for 3-4 mins until softened. Stir in the **mince, peas, garlic, 1 tbs tomato paste, 1 tsp sugar** and **180ml (¾ cup) water** and bring to the boil. Reduce the heat to medium and cook for 5 mins or until thickened. Remove the pan from the heat.



5. Serve up

Divide the **rice** and **curry** among plates. Spoon over the **yoghurt** and enjoy!



6. Make it yours

Like it hot? Kick up the heat a notch or two with a scattering of chopped fresh chilli or chilli flakes.

Questions about the recipe? Customer Service: **02 9056 7570** Email: hi@dinnerly.com.au

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